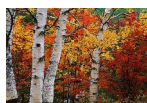


**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equal a mile. Monday - Friday from 8 a.m. until 3:45p.m. **Unless there is a scheduled activity.**



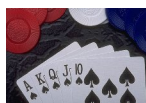
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 mile. Exercise and enjoy the beautiful Fall scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



- **CORN HOLE:** You can try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

**RAINBOW MESSENGER
OCTOBER, 2014**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every Tuesday morning from 10 to 12. Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.



October 7th - Necklace Extenders
October 14th - Pumpkins
October 21st - Fall Wreath
October 28th - Halloween Party

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at **The Providence Home at 10 a.m. on Friday, October 17th.**



- **BINGO:** Will be played at 12 p.m. **Tuesdays, October 7th & 21st. On the 21st we will celebrate Halloween so come in costume! The top 3 crowd favorites will receive free bingo cards.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30	FREE	46	74					
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, October 7th & 21st.**



- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!



- **WALK FIT VIDEO:** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.

CARD TOURNEYS



- **Thursday, October 2nd**
Cinch Tourney
- **Thursday, October 9th**
Sheephead Tourney
- **Thursday, October 16th**
Rum Tourney
- **Thursday, October 23rd**
Euchre Tourney
- **Thursday, October 30th**
Rum Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Mondays, October 6th & 27th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m.** the day of the game.

- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. Friday, October 10th, Tuesday the 22nd and Friday the 31st.** It's a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning. **Please call in by 10 a.m. if you are coming in to play.**



- **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Monday, October 13th, Friday the 24th & Tuesday the 28th.** Bring your change, we play for 10¢ a round and 25¢ a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Wednesday, October 1st & Tuesday the 14th.** We have a lot of fun! **Please call in by 10 a.m. game day** if you would like to play.
- **SCRABBLE:** How about a little challenge? Come in and play Scrabble at **12:30 p.m. Tuesdays, October 14th & 28th.** **Please sign-up by 10 a.m. game day** if you plan to attend.

- **PHASE-10:** Will be played at 12:30 p.m. **Wednesday, October 8th & Friday the 17th.** It is a fun easy card game. We play for a quarter a game. **Please call in by 10:00 a.m. the day of the game** if you would like to play.

- **HEARTS:** Is a fun group game we will play at **12:30 p.m. Friday, October 3rd & Wednesday the 15th.** We play a quarter a game with low score winning. **Call in by 10 a.m.** if you will be able to come in to play.

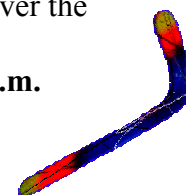


SPECIAL ACTIVITIES

- **BOOK CLUB:** Will meet **Thursday, October 9th at 12:30 p.m.** to discuss, **"Follow the River"** by James Alexander Thom. The November selection will be **"Murder in the Mystery Suite"** by Ellery Adams. A resort manager hosts a murder & mayhem week; the guests are the detectives. What happens? Does the week go as planned? Read the book and join us for the discussion.



BOOMERAMA: **Monday, October 20th at 12 p.m.** Candace Adye with Brentwood Meadows will talk about different aspects of confusion, forgetfulness and Alzheimer's that we do not usually think about. The presentation is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3p.m. Friday, October 17th.**



- **LUNCH BUNCH:** This month we will be going to Applebee's Restaurant on **Friday, October 31st at 11 a.m.** As always lunch is "dutch treat". Come enjoy the good food, visit with old friends and make new ones! **Please RSVP by 3 p.m. Monday, October 27th.** Applebee's will give a 10% discount to the group.



- **CATERED MEAL:** Will feature **Mill House Catering** at **12:00 noon on Wednesday, October 29th.** The menu will be: Pecan chicken tenders, red mashed potatoes, green beans, creamy slaw, wheatberry bread and unsweetened tea. **Cost of the meal is \$8.00. Reservations are due to the Center by 3 p.m. Friday, October 24th.**



- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing and Baseball are available for you to play. For an aerobic workout we have Zumba & Just Dance programs.



- **PUZZLES:** We have one on the table in the computer room for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** (If you can play on **Wednesday please call in by 10 a.m. to let us know**) New players are always welcome.

- **FREE BRIDGE LESSONS:** Will be offered **Monday mornings from 9-11 a.m. & Wednesday or Thursday evening from 6:30 - 8 p.m.** For more information or to sign-up, call Cindy Klumper at 482-3299.

Notice: Location change for pickups in Ferdinand. Buses will pickup at Wendy's; please park in back of restaurant.

OCTOBER

Parke County Covered Bridge Festival

We will leave the Jasper Armory at 7 a.m. **Wednesday, October 15th** for Mansfield, Indiana located in Parke County. Wear comfortable shoes! We will take a short rest break on the way up and a longer one on the way back. We should return around 7:30 p.m.



NOVEMBER

Tropicana Trip

Two buses have been reserved for **Wednesday, November 19th.** They will leave the Armory at **8:45 a.m. and pick-up in Huntingburg at 9 a.m.** Those attending will receive transportation, \$8.00 slot play and \$9.95 in meal credit to use at any of the restaurants on the Tropicana property. (Buffet will not be available) Cost of the trip is \$15.00. **Sign-up begins by phone at 7:30 a.m. on Thursday, October 2nd.**



You can sign-up 4 seniors per phone call. **Money is due by 3 p.m. Monday, October 20th.** At the time you pay for the trip please provide your "Trop" Number. If you do not have a number we will need your name, address and date of birth. Bring a valid government issued picture I.D with you on the trip.



DECEMBER

Mega Cavern



Louisville, Kentucky has a mega cavern which covers approximately 100 acres. During the holidays they have a light show which we are planning to attend **Wednesday, December 10th.** The Christmas show features over 850 LED light displays some of which are 25 feet tall and 200 feet wide. You will be riding the buses thru the display area. The two buses will **leave the Armory at 2 p.m.** with pick-ups in Huntingburg at the Methodist Church and Wendy's in Ferdinand if requested. We'll stop for an early meal at The Cracker Barrel in Corydon then on to the show. We will make a short stop on the way home at Culver's. **Sign-up begins by phone at 7:30 a.m. on Monday, October 13th. Cost of the trip will be \$37.00 for transportation and admission to the Mega Cavern Light Show. Money is due by 3 p.m. Monday, November 3rd.**



Derby Dinner Theater

Watch November Newsletter for information and sign-up for:

“Wonderful Life 2014”

Thursday, December 18th.

• **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day.

• **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow. They are located on the 2 bookshelves in the computer room.



• **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

HAPPY BIRTHDAY



OCTOBER

1st	Dorothy Seitz
2nd	John Freyberger
3rd	Patty Beck
4th	JoAnn Lechner
5th	Raphael “Rafe” Schaefer
6th	Georgina Blessinger
7th	Beverly Castelli
7th	Edith Johnson
15th	Norma Hasenour
20th	Phil Freeman
21st	Kathy Haas

Anniversaries



OCTOBER

11th	Janice & Robert Nordhoff
19th	Jean & John Freyberger
19th	Betty & “Rafe” Schaefer
23rd	Lelani & Harland Wittwer

Prescription Drug Take Back Day Saturday, September 27th 2014

10:00 a.m. - 12:00 p.m.

Ferdinand & Huntingburg

Fire Stations

10:00 a.m. - 2:00 p.m.

Jasper State Police Post

Dispose of your expired, unused and unwanted drugs **FREE OF CHARGE!**

Recipe Exchange

Apple Crisp for Two

Ingredients:

2 large tart apples, peeled & sliced
1 tablespoon lemon juice
2 tablespoons brown sugar
2 tablespoons quick-cooking oats
2 tablespoons butter or margarine, melted
Dash of ground cinnamon
Whipped cream or ice cream optional

Place apples in an ungreased 2 or 3 cup baking dish.; sprinkle with lemon juice. Combine brown sugar, oats, butter and cinnamon; sprinkle over apples. Cover and bake at 350° for 30 minutes. Uncover and bake for 15 minutes longer or until apples are tender. Serve with whipped cream or vanilla ice cream if desired. (Yield 2 servings)

Submitted from: Taste of Home Magazine

Have a good recipe to share? We would be happy to publish it.

